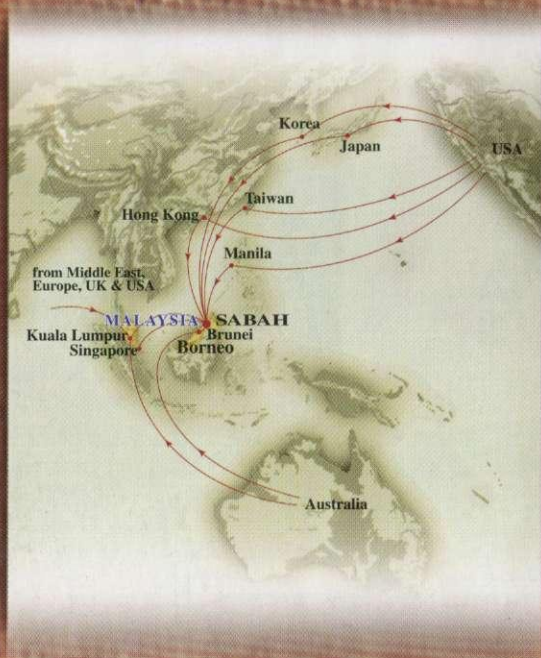


# SABAH

MALAYSIAN BORNEO

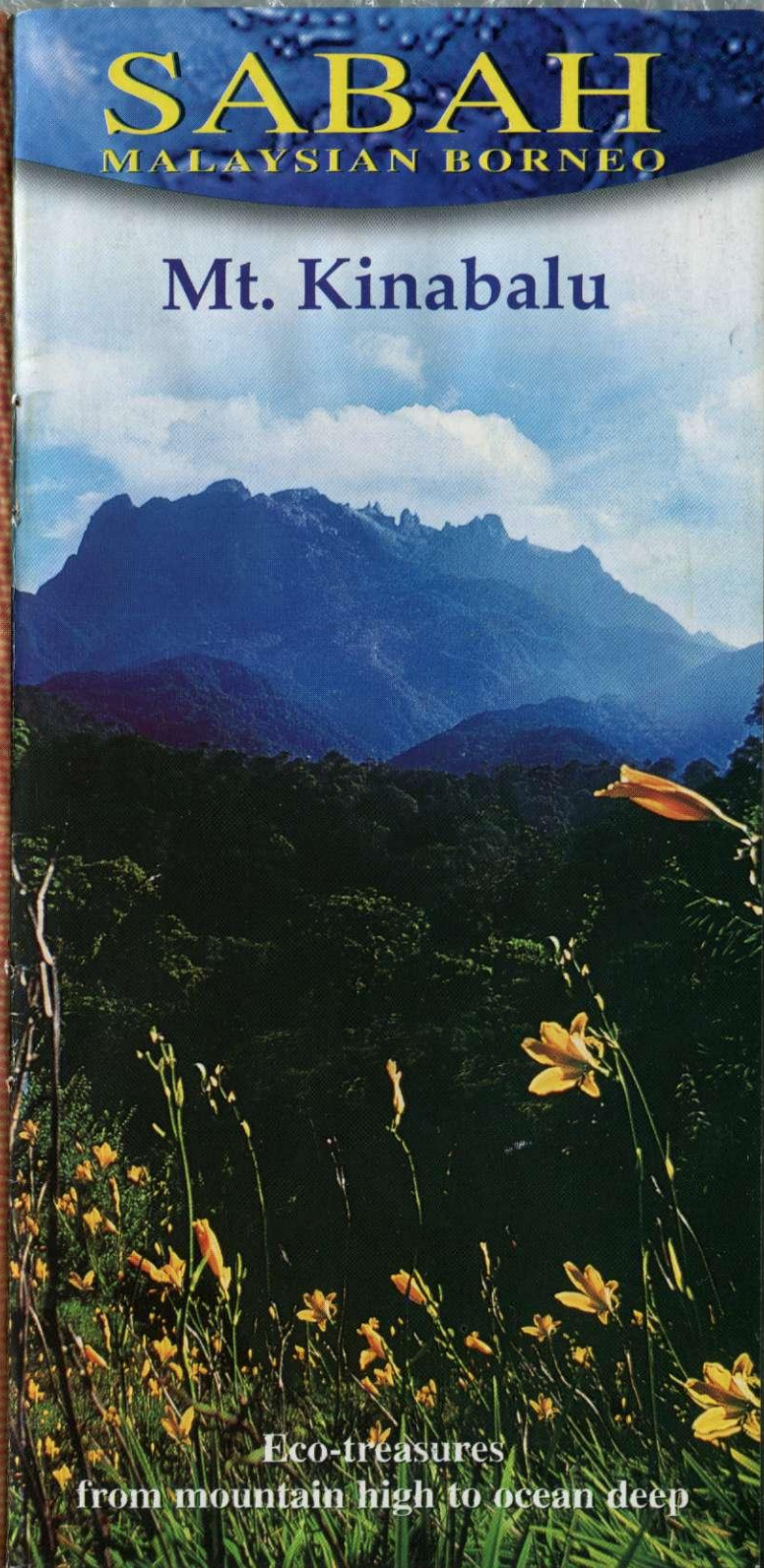
## Mt. Kinabalu



VISIT  
**SABAH**  
MALAYSIAN BORNEO

Sabah Tourism Promotion Corporation  
51 Jalan Gaya, 88000 Kota Kinabalu, Sabah, Malaysia.  
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Eco-treasures  
from mountain high to ocean deep



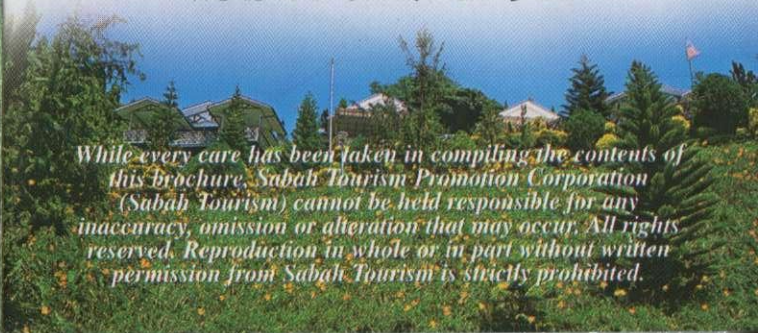


The exceptionally rare Rothschild's Slipper Orchid (*Paphiopedilum Rothschildianum*) is so coveted, it is also known as "Kinabalu Gold".



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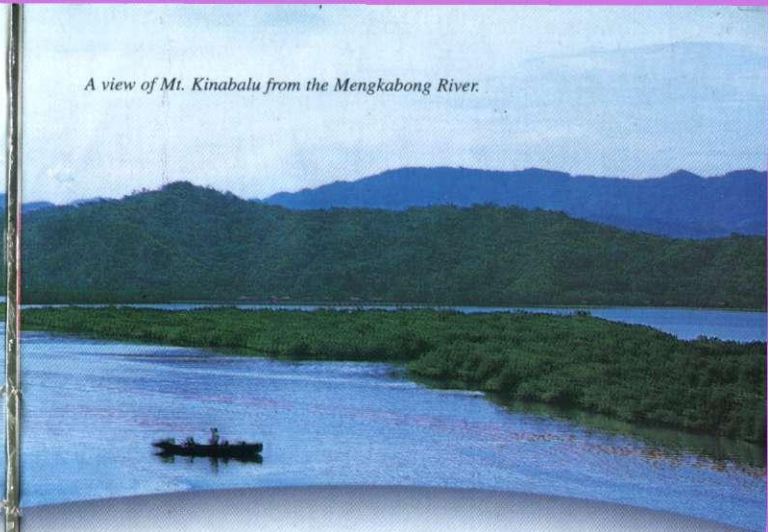


## MT. KINABALU - SUMMIT OF BORNEO.

Imagine, being surrounded by the wonders of nature's lush garden dating from the dawn of time. Stand at the highest summit of Borneo as dawn peeks over the horizon to reveal Sabah's splendours far and wide. Reflect the quiet, sacred moment when you experience the most magnificent sunrise of your lifetime. Stroll amidst the treetops at the rainforest canopy walk and gaze up close at centuries-old wonders. Soak in the healing balm of a magic spring as colourful butterflies flutter around you. Admire the world's largest flower at your feet. Or lunch next to plants that lunch on insects.



*A view of Mt. Kinabalu from the Mengkabong River.*



You'll find it all in the Kinabalu Park – Malaysia's first World Heritage designated by UNESCO in December 2000 for its 'outstanding universal values' and role as one of the world's most important biological sites.

The focal point of the park, of course, is the majestic Mt. Kinabalu. Such is the importance of this mountain to Sabah, that the capital was renamed Kota Kinabalu (Kinabalu Fort) in 1964. The highest mountain between the Himalayas and the Snow Mountains of Papua Barat (New Guinea Island), this magnificent granite massif stands at 4,095.2 m. (13,435 ft.) tall.

*On the way up to  
Low's Peak –  
the summit of Borneo.*







# KINABALU PARK

## MALAYSIA'S FIRST WORLD HERITAGE.

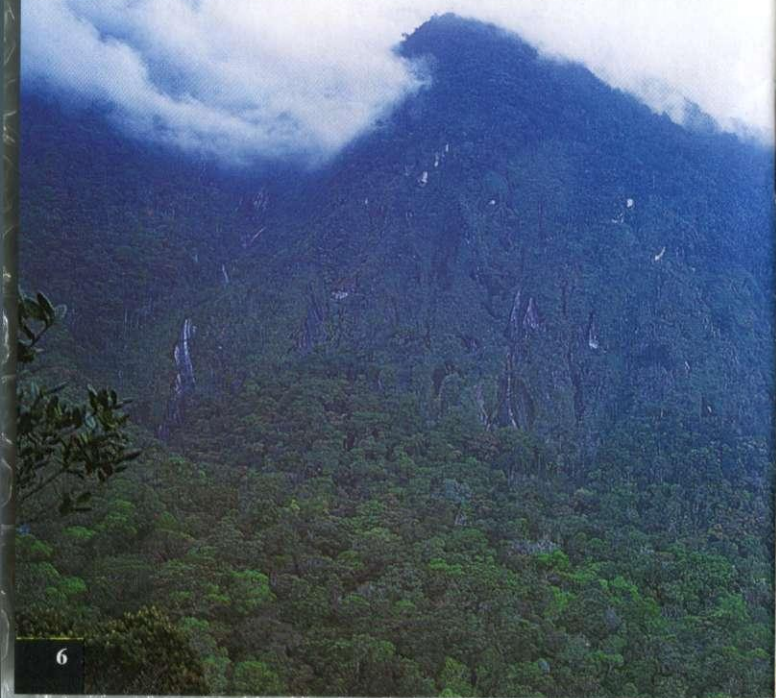
The Kinabalu Park covers a staggering area of 754 sq. km. (291 sq. mi.). Translated, it is bigger than Singapore island! Established as a state park in 1964, this botanical paradise is blessed with an astonishing variety of flora and fauna that ranges over 4 climate zones, from the rich lowland dipterocarp forest through the montane oak, rhododendron, and coniferous forests, to the alpine meadow plants. And stunted bushes of the summit zone. Kinabalu Park has probably one of the richest flora collection in the world.



Highways and sealed roads have made the park easily accessible. Now it's an easy 2-hour scenic drive from Kota Kinabalu. It is a popular getaway from the hustle and bustle of the city where visitors can enjoy the cool invigorating air. Or, for the more intrepid to explore the forest trails or conquer Mt. Kinabalu itself. While the focus of the park is the mountain, about 80% of the visitors don't climb all the way to the peak but come simply to enjoy the serenity of this place.

The gateway to the summit of Borneo is the Kinabalu Park Headquarters, situated on the southern boundary, at an elevation of 1,563 m. (5,000 ft.). Most of the Park's modern facilities are located here, from visitors' accommodation, restaurants and exhibit centres, to the Park's offices where overnight visitors and climbers must register.

A minimal entrance fee is imposed at the entrance of the Kinabalu Park HQ.







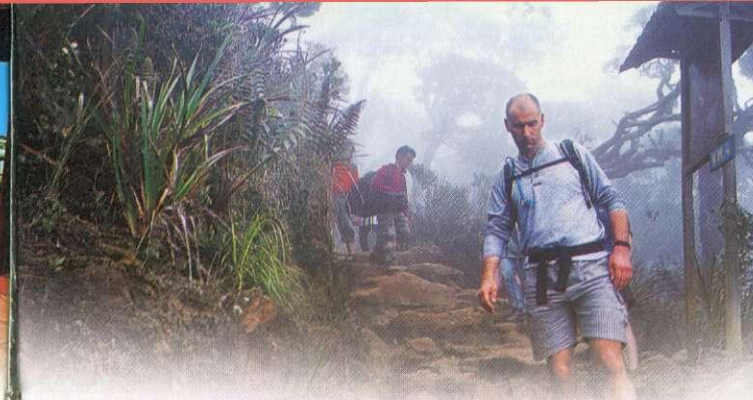
## TRAILS OF WONDER.

Step into Wonderland and follow any of the numerous trails around Kinabalu Park, each filled with discovery. Even as the most explored and studied place in Borneo, new discoveries of rare and endemic plants are constantly being made here.

So grab a map and set off on your own or follow Park Naturalists as they take you on guided trail walks and point out the various wonders. There are also audio-visual shows featuring rare flora and fauna found here. If you are a first time visitor, sign up for these shows and you'll be thrilled when you find yourself identifying the same denizens on your walks – or during your climb up Mt. Kinabalu.

One of the biggest attractions of the Park is the Mt. Kinabalu Botanical Garden (Mountain Garden). Started in 1981, this 5-acre garden is an excellent showcase of the diverse plant life on the mountain, as flora from all over the park has been replanted here. Many of these plants are not only lovely to look upon but have medicinal properties too, as proven by the local Dusun community.

Below is the schedule of the audio-visual shows and guided trail walks organised by Park Naturalists at the Park Headquarters.



KINABALU PARK HQ	TIME
Mountain Garden	0900, 1200, 1500
Guided Walk	1100
Slide Show	1400 (and 1930 on weekends)
<b>Poring</b>	
Canopy Walkway	0900 to 1600, guided walk at 0800
Butterfly Farm	0900 to 1600, guided walk at 1100 (except Mondays)
<b>Tropical Garden</b>	1330
Orchid Conservation Centre	1100 & 1500
Night Walk	by arrangement only
<b>Mesilau</b>	
Guided Nature Walk	
Monday to Friday	0930, 1100, 1400
Saturday and Sunday	0730, 1030, 1400

*There may be a nominal fee charged for some of these activities.*







## TIPS TO THE TOP.

The best time to visit the Park, especially for climbers, is during the dry season in March and April. November to December is the monsoon season but do bear in mind, wet or dry periods can occur at any time of the year.

In the mountainous region, the weather can change without warning, from bright sunshine, to mist and cloud, to torrential downpour. At night the temperatures can drop to below freezing, so bring warm and extra clothing packed in plastic bags to keep it dry.

### *Before you climb:*

1. Book your guide and porter through Sabah Park's Head Office in Kota Kinabalu, or through Kinabalu Nature Resorts when you make your accommodation reservations. Walk-in bookings at Kinabalu Park are subject to availability, so pre-booking is advisable. You can also arrange for transportation to the Power Station Road – where the climb starts.
2. For accommodation, make your reservations with Kinabalu Nature Resorts. Call early and ensure your reservations are confirmed as accommodation facilities are usually fully booked during peak climbing periods.
3. Join the Park Naturalists programme at Park Headquarters. It will provide information about the climb and advice on what to take. These programmes are FREE, so do take advantage of them.



4. Make sure you have shoes with a good grip. Tennis or gym shoes are fine.
5. Bring enough warm clothing. Wind and water-proof clothes for your climb are recommended. Sleeping bags are provided at the mountain huts.
6. Take a water bottle with you. You'll need high-energy foods for the climb like chocolate, nuts, raisins or glucose sweets.
7. Bring gloves, a hat and a good torchlight.

If you get wet on the way up, you will need a complete set of dry clothes and a second pair of shoes or a pair of sandals. Headache tablets, paper tissues, a couple of plastic bags and some plasters for cuts or blisters are all useful.

Some climbers do experience altitude sickness. Check with your doctor for advice before you climb.

*For more information contact:*

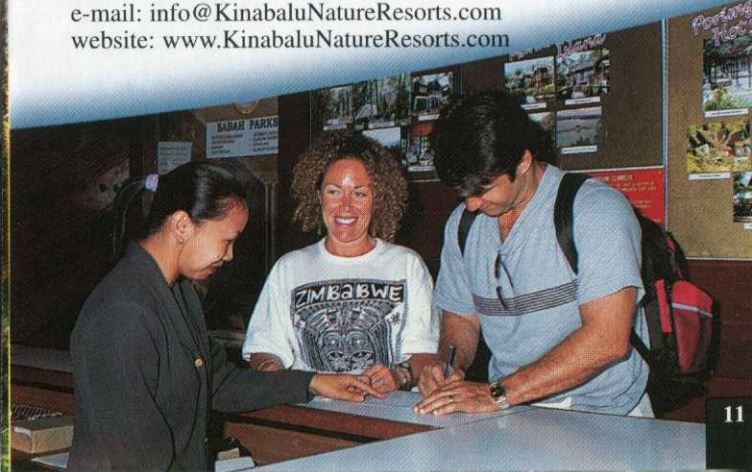
### **Sabah Parks**

Lot 3, Block K, Sinsuran Complex, 88806 Kota Kinabalu  
Tel: 6088-212719 / 211881 Fax: 6088-221001  
e-mail: [info@sabahparks.org.my](mailto:info@sabahparks.org.my)  
website: <http://www.sabahparks.org.my>

*For accommodation, contact:*

### **Kinabalu Nature Resort**

Tel: 6088-243629 Fax: 6088-242861  
e-mail: [info@KinabaluNatureResorts.com](mailto:info@KinabaluNatureResorts.com)  
website: [www.KinabaluNatureResorts.com](http://www.KinabaluNatureResorts.com)







*Rhododendrons are aplenty along the trail.*

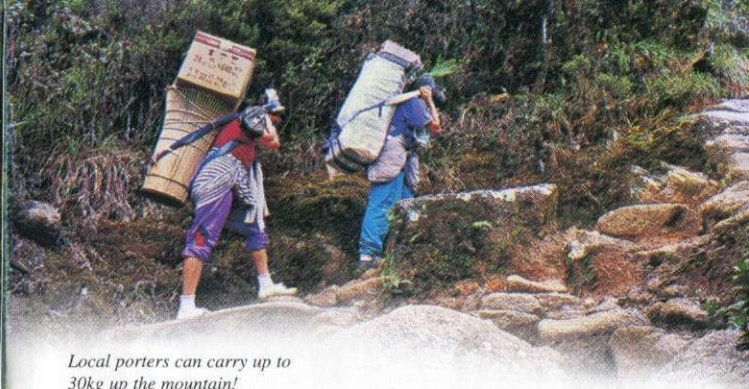
## THE FRIENDLY PEOPLE OF KINABALU.

The fertile slopes of Kinabalu are home to the Kadazandusun, Sabah's largest ethnic community. Traditionally rice farmers, their 'kampungs' or villages are scattered all over the hill slopes as some still practise shifting cultivation. It's not unusual to see them scampering up and down the mountain without exhaustion! And that's exactly why you'll find most of them working as mountain guides and porters.

The Kadazandusun people consider themselves the guardian of Mt. Kinabalu. They believe this is sacred ground, a resting place for the spirits of their ancestors. Earlier attempts to climb the mountain had been forbidden, as to do so would have disturbed these spirits and incurred their wrath. That was why, by the standards of other world-class mountains, Mt. Kinabalu was 'discovered' rather late.

It was only in 1851 that Sir Hugh Low led an expedition up the mountain. A compromise with the locals was reached and a sacrifice to appease the spirits was made at the halfway point.

*The Kadazandusun Bobohizans performing a ritual.*

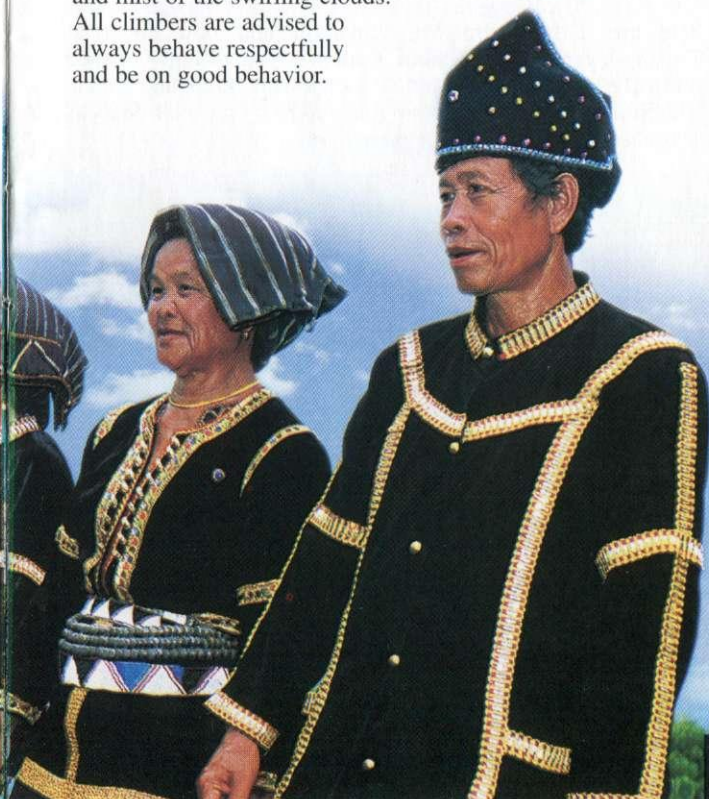


*Local porters can carry up to 30kg up the mountain!*

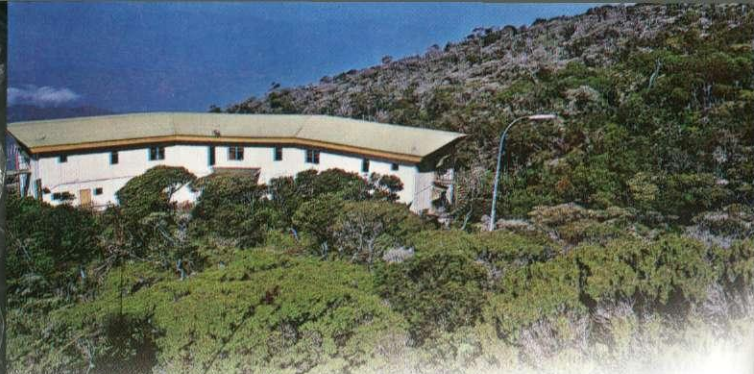
This spot was named Panar Laban, a Dusun word meaning 'Place of Sacrifice'. The local guide sacrificed a white cockerel and seven eggs to appease the mountain spirits. This ritual is performed annually to this day.

The name 'Kinabalu' is derived from the Kadazandusun words 'Aki Nabalu' - where 'Aki' literally means 'ancestor' and 'nabalu' is the word for 'mountain' - thus, the sacred resting place of the ancestral spirits. Legends of the Kadazandusun have told of the supreme deities creation of the world and Mt. Kinabalu. There are also folklores of a mythical dragon guarding a treasure trove of pearls. These myths take on a more surreal presence when you are up in the mountain, in the silence and mist of the swirling clouds.

All climbers are advised to always behave respectfully and be on good behavior.







*The Laban Rata resthouse where most climbers stay overnight.*

## TRAILS TO THE TOP.

Climbing Mt. Kinabalu can be done in 2 days but a more comfortable climb in 3 days is recommended to fully enjoy the rich biological diversity. While it does not require special skills to do the climb, you must at least have the basic fitness level. Park regulations state that all climbers have to engage the services of a registered guide on their climb. If you wish, porter services are also available. Book your mountain guide and porter through Sabah Parks or Kinabalu Nature Resorts. You can pay when you register at the Park Headquarters.

There are 2 trails up Mt. Kinabalu and both meet at Layang-layang. The **Mesilau Trail** was just recently opened and offers more opportunities for viewing flora and fauna. The **Summit Trail** is the main route taken by most climbers as it is a simpler and shorter approach.

*Bonsai trees on the Mesilau Trail.*



*The Sayat-sayat Hut – the highest shelter on the mountain.*

Starting from Park Headquarters, climbers must walk  $4\frac{1}{2}$  km. up to the Timpohon Gate at 1,866.4 m. where the Summit Trail starts. Nearby, lies Carson's Falls where you can refresh yourself. From here, depending on your fitness level, it is an approximate 4 to 5-hour climb for the day.

The trail winds up a steep staircase of gnarled tree-roots to a mossy world of drifting clouds and orchid-draped trees, where pitcher plants and rhododendrons abound. You'll come upon the First Summit Trail Shelter at 1,981.7 m. where on a clear day, a view of the road that links Kota Kinabalu city to the Park can be seen. The Second Shelter at 2,081.4 m. is your point of entry to the zone of Low's Pitcher Plant, so look out for these oddly-shaped plants with pitcher containers. The mossy forest continues on past to Karamborongoh, where you'll find the Sabah Telecoms Station at 2,252.2 m. Interestingly, the name Karamborongoh is derived from the local plant that the Dusun people use to ward off evil spirits. The Third Trail Shelter is further up the ridge.





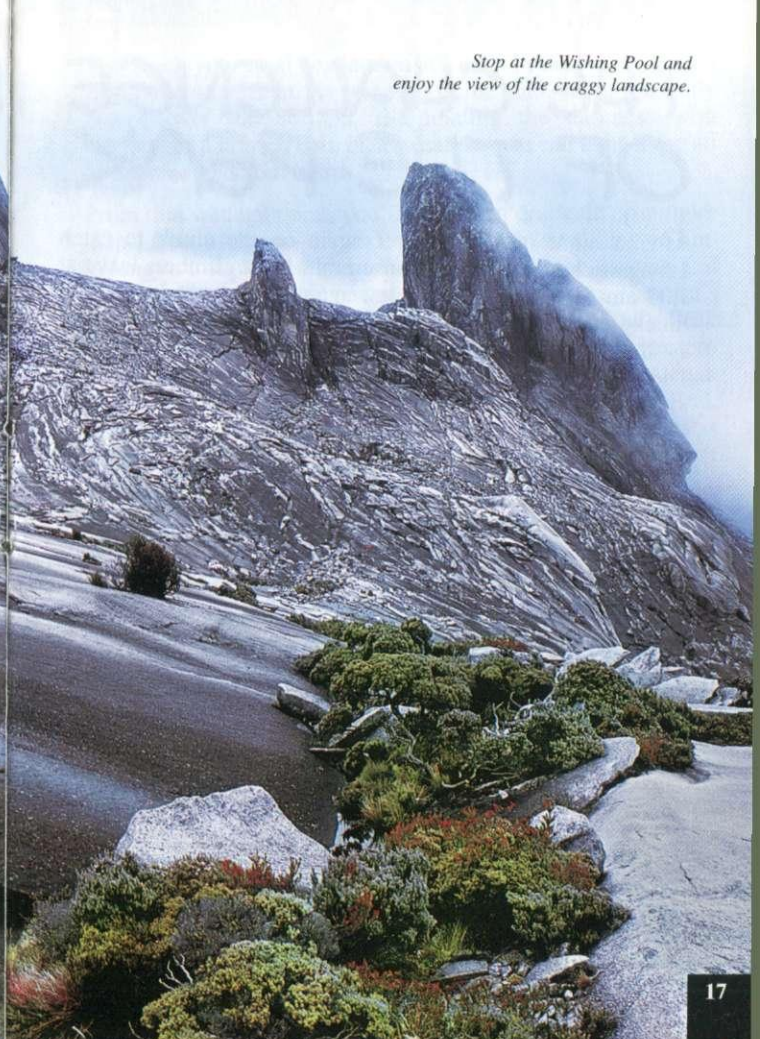
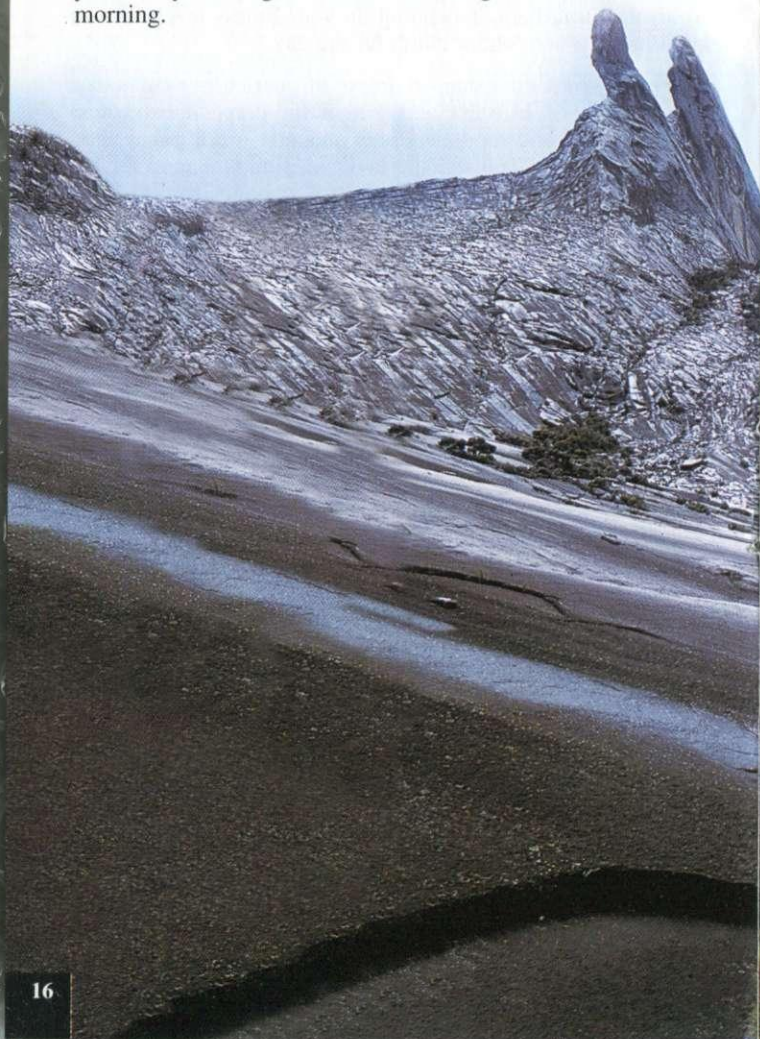
Layang-layang (Place of Swallows) is where the **Mesilau Trail** meets the **Summit Trail** at 2,740 m. As you climb higher, you will pass a forest of bent and twisted silvery-grey trunks with peeling bark. At about 3,200 m. there's a helipad where you can catch a magnificent view of the Summit Plateau. Look around for Paka Cave. This was where the first explorers slept.

Panar Laban – the 'place of sacrifice' – was where Sir Hugh Low and his local guides performed a ritual sacrifice to appease the ancestral souls for their 'disturbance' to the spirit world. Nearby is the Laban Rata resthouse and cafeteria where you'll stay the night before continuing the climb the next morning.

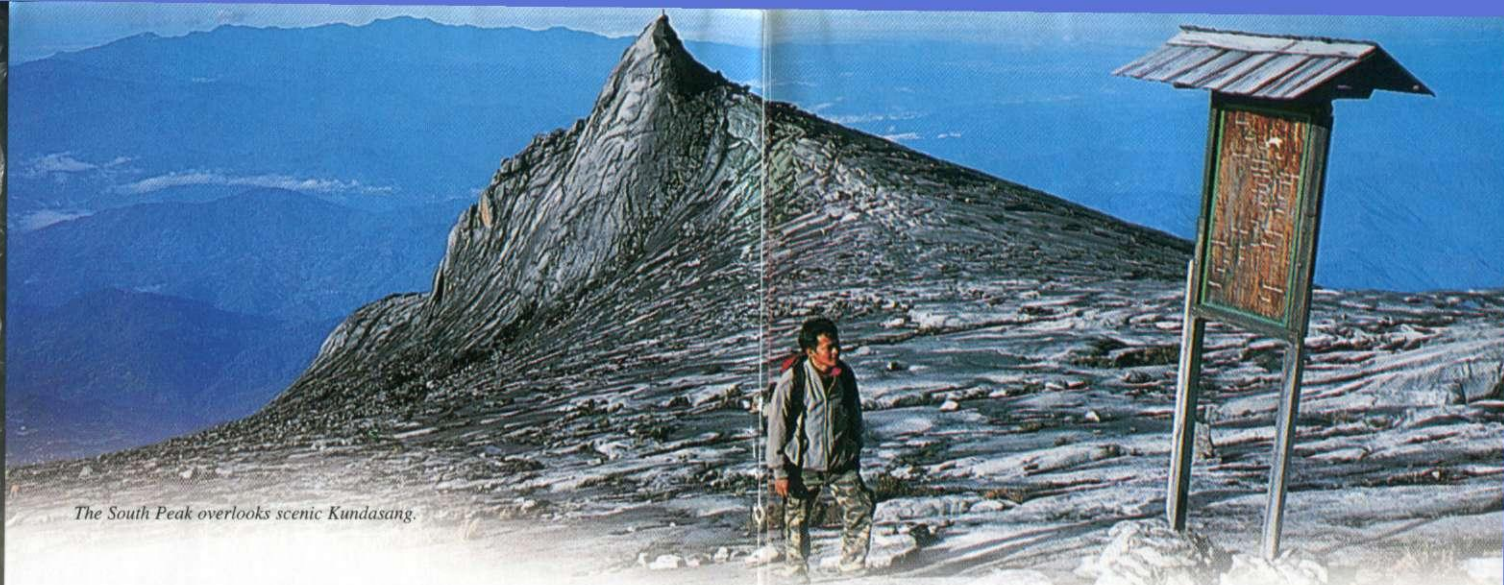


*Part of the Summit Trail near the Villosa Shelter.*

*Stop at the Wishing Pool and enjoy the view of the craggy landscape.*







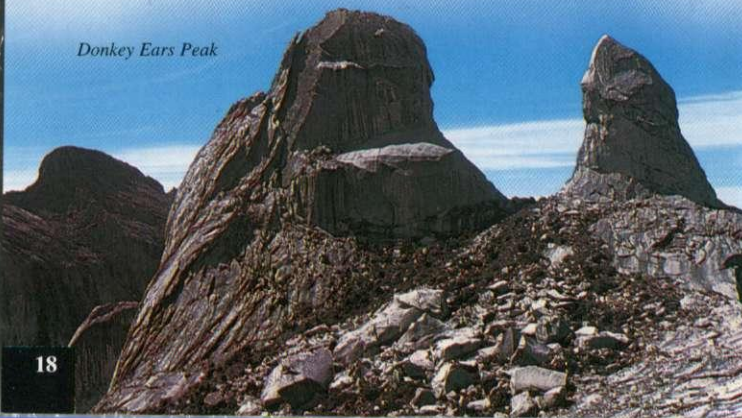
*The South Peak overlooks scenic Kundasang.*

## THE CHALLENGE OF THE PEAK.

After a night of rest, it's off again on the climb to catch a magnificent sunrise on the summit. Most climbers leave at 3.00 am for a 3-hour track but again, this depends on your fitness level. In the dark, you can see the beam of torchlights as the procession of climbers trudge higher and higher. There are ladders, hand railings and ropes to help you over the steeper parts.

An hour from Panar Laban, you'll see the Sayat-sayat Hut. At 3,668 m. this is the visitor's highest shelter on the mountain but it only provides basic facilities. Back on the climb, you'll walk across the bare granite slabs that stretch endlessly ahead, in an eerie moonscape of stone. The vegetation comprises of stunted shrubs and tough grasses in the crevices. It is the survival of the fittest here.

*Donkey Ears Peak*

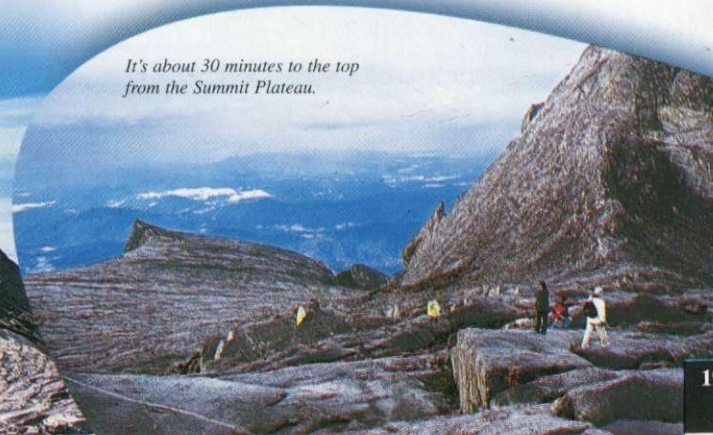


You reach your final destination at Low's Peak, the summit of Borneo at 4,095.2 m. As you wait in the cold, dawn gradually creeps over the horizon, illuminating the darkness with the light of a new day. In clear weather, you can almost see all of Sabah spread out below.

From this vantage point, you'll also see a dramatic drop more than 1,000 m. down – Low's Gully. A chasm stretching 16 km. in length, it separates the summit plateau into the western and eastern plateaux. Other peaks on the mountain are Victoria's Peak (4,090 m.), Donkey Ears Peak (4,054 m.), South Peak (3,921.5 m.) and St. John's Peak (4,090.7 m.) on the western plateau. On the eastern plateau, stand King Edward Peak (4,086 m.), Mesilau Peak (3,801.3 m.) and King George Peak (4,062.6 m.). These peaks are only for experienced climbers as it is a challenging climb that requires ropes. A special permit from the Park authorities is required before a climb.

At around 10.00am, clouds usually begin to form. These swirling clouds could obstruct visibility, so it is advisable that you descent by then.

*It's about 30 minutes to the top from the Summit Plateau.*







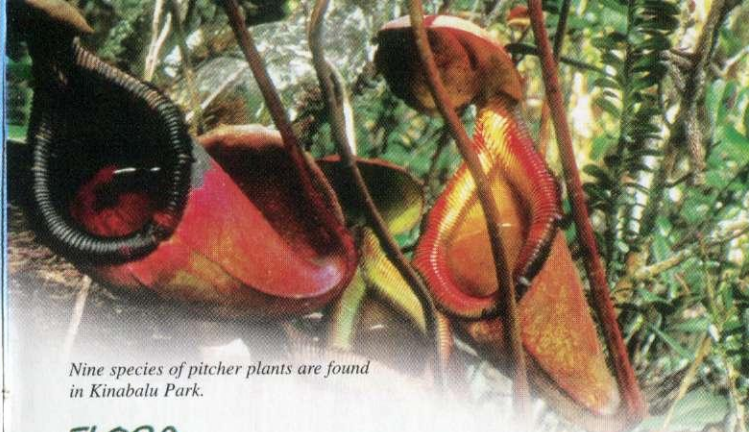
*Lobelia borneensis* orchids thrive here.

## STUNNING FLORA & FAUNA.

### FLORA & FAUNA

This botanical paradise of Borneo is home to an estimated 1,200 species of orchids, 26 species of rhododendrons, 9 species of *Nepenthes* pitcher plants, over 80 species of fig trees, over 60 species of oaks and chestnut trees, 100 species of mammals, 326 species of birds... the list just goes on! It's no wonder Kinabalu Park has continually attracted top naturalists and botanists from around the world and been proclaimed an area with the richest diversity of flora and fauna. This treasure trove is simply stunning!

*Some flora bloom even in the harsh weather conditions near the Summit.*



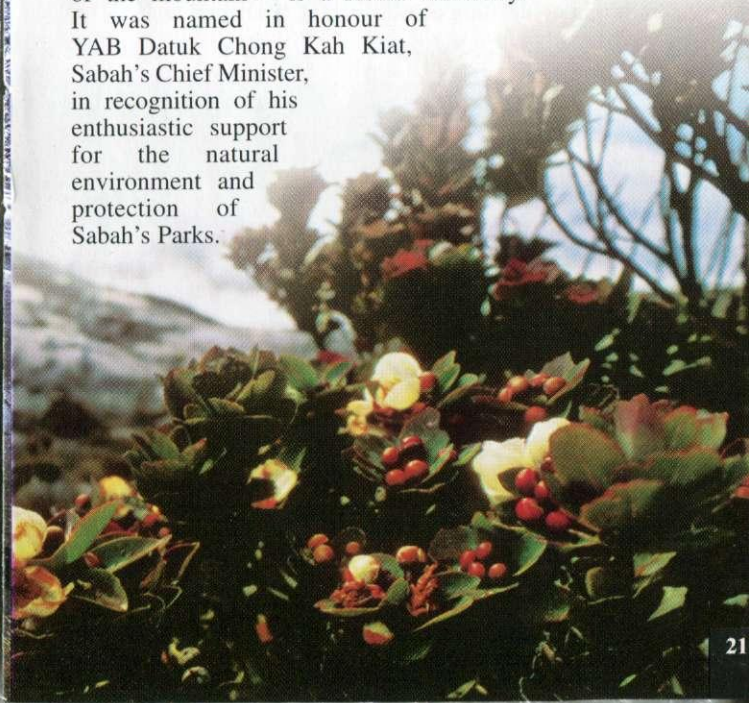
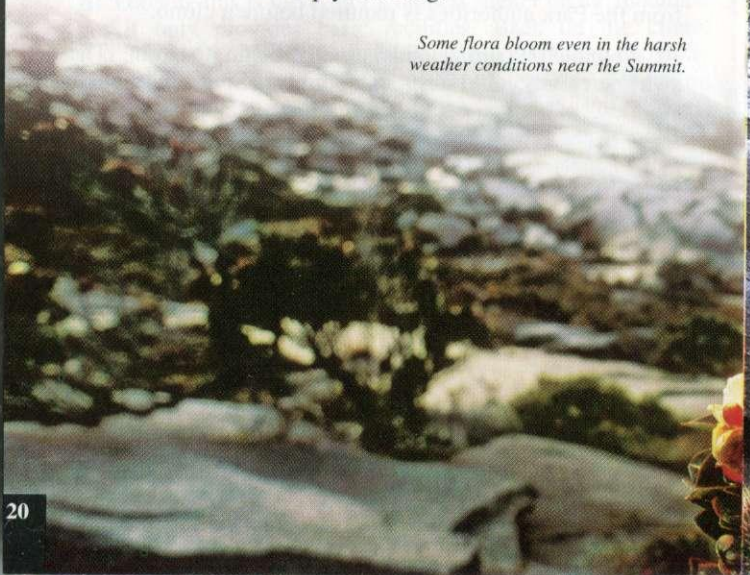
*Nine species of pitcher plants are found in Kinabalu Park.*

### FLORA

The forests of Kinabalu are some of the richest in the world with an estimated 5,000 flowering plants, and this does not include the innumerable mosses, ferns and fungi. Wild orchids grow in abundance and range in size from a pinhead to huge stems over 2 m. in length. Look out for the exceptionally beautiful Slipper Orchids. They command much commercial interest with the Rothschild's Slipper Orchid so preciously coveted, it is considered the 'Kinabalu Gold'.

The world's largest pitcher plant can also be found in Kinabalu Park. The insect-eating Rajah Brooke's Pitcher Plants have pitchers that can hold up to 3.5 litres of water! While nineteen species of the beautiful *Begonia* plants have been documented, with probably half the number endemic. The *Begonia Chongii* – a rare *Begonia* plant found on the west side of the mountain – is a recent discovery.

It was named in honour of YAB Datuk Chong Kah Kiat, Sabah's Chief Minister, in recognition of his enthusiastic support for the natural environment and protection of Sabah's Parks.







## FAUNA

This Wonderland features some of the most amazing creations of nature. Since animals are not easily seen, you'll find patience a virtue that will be blessed with rare and captivating sights!

A stroll past the street-lamps at Headquarters on dark wet nights or in the very early mornings, will reveal moths, beetles and other insects in all shapes, sizes and colours. Some are camouflaged in delicate mossy greens and greys, while others flaunt bright contrasting colours of red, black and white.

Don't be surprised if you find 'twigs' that walk and 'leaves' that fly! Look closer and you'll find that they are actually insects.

Of course, this abundance of insects and plants play a big hand in supporting a thriving bird population. Over 300 species have been recorded in the park. The Grey Drongo, with white eye-ring and forked tail, and the heavy, long-tailed Malaysian Treepie, are two of the commonest at Park Headquarters. Higher up, you will find the small green Mountain Blackeyes and the larger red-breasted Mountain Blackbirds.








## SURROUNDING WONDERS OF KINABALU PARK.

A visit to the Kinabalu Park is not complete without a jaunt to Poring. Well known for its Hot Springs, it's the perfect place to visit after your climb up Mount Kinabalu. Soak away the sores and aches of muscles in the hot sulfuric minerals of this spring.

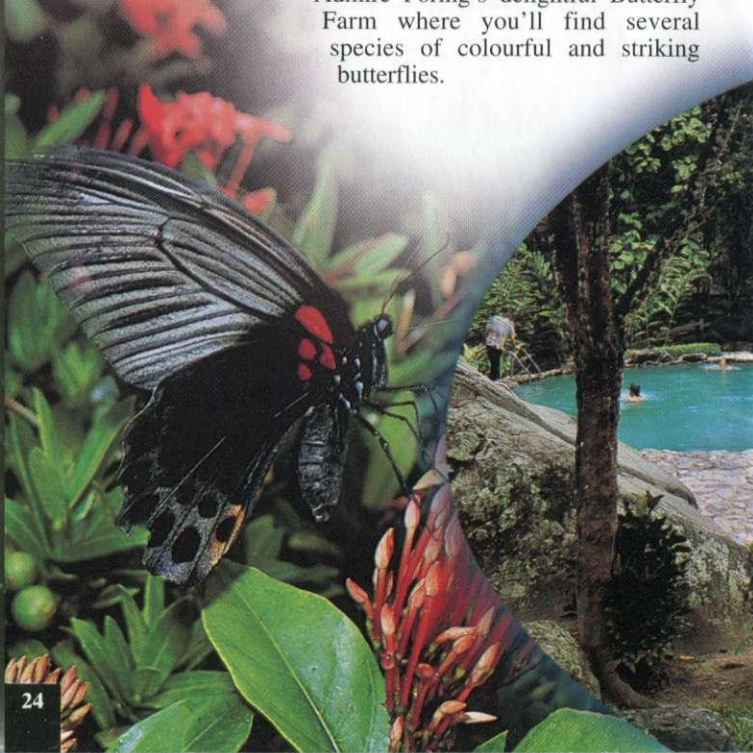
The water is claimed to have curative powers and is popular with the locals. After your rejuvenation, stay a night or two to enjoy the other attractions around this area.

Admire Poring's delightful Butterfly Farm where you'll find several species of colourful and striking butterflies.

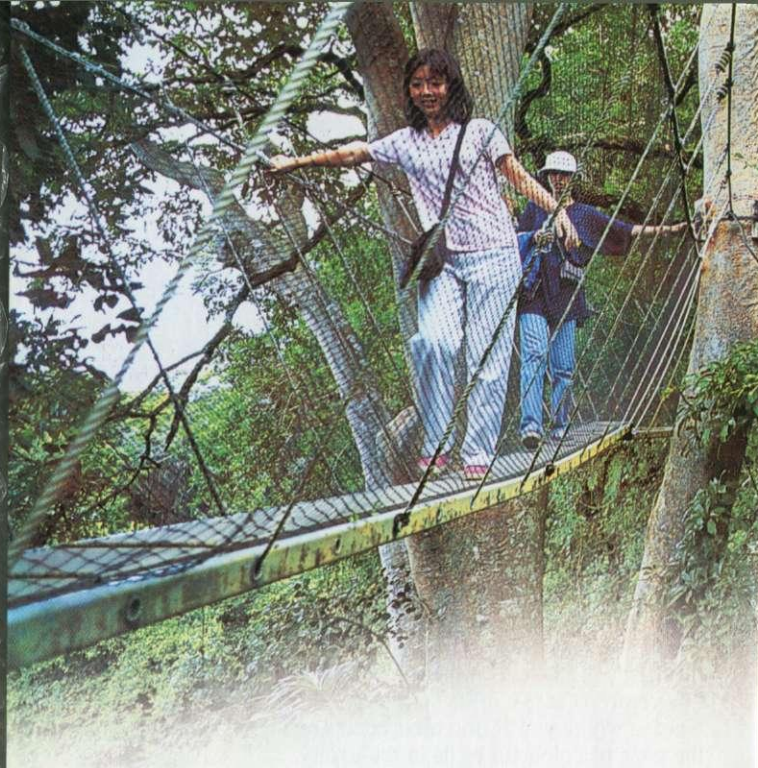


Borneo's first - this farm features a garden, nursery, and hatchery for the purpose of research, education and the preservation of endangered species. Opening hours are from 9.00am to 4.00pm every Tuesday to Saturday.

With over 1,200 species of orchids found within Kinabalu Park, it's not surprising that the Poring Orchid Conservation Centre has the largest live collection of the Sabah Orchid. You'll also find several other rare and endemic wild orchids as this centre is active in its conservation. Nearby is the Tropical Garden where you'll find mousedeers and deer relaxing under the gaze of colourful birds in the aviary.

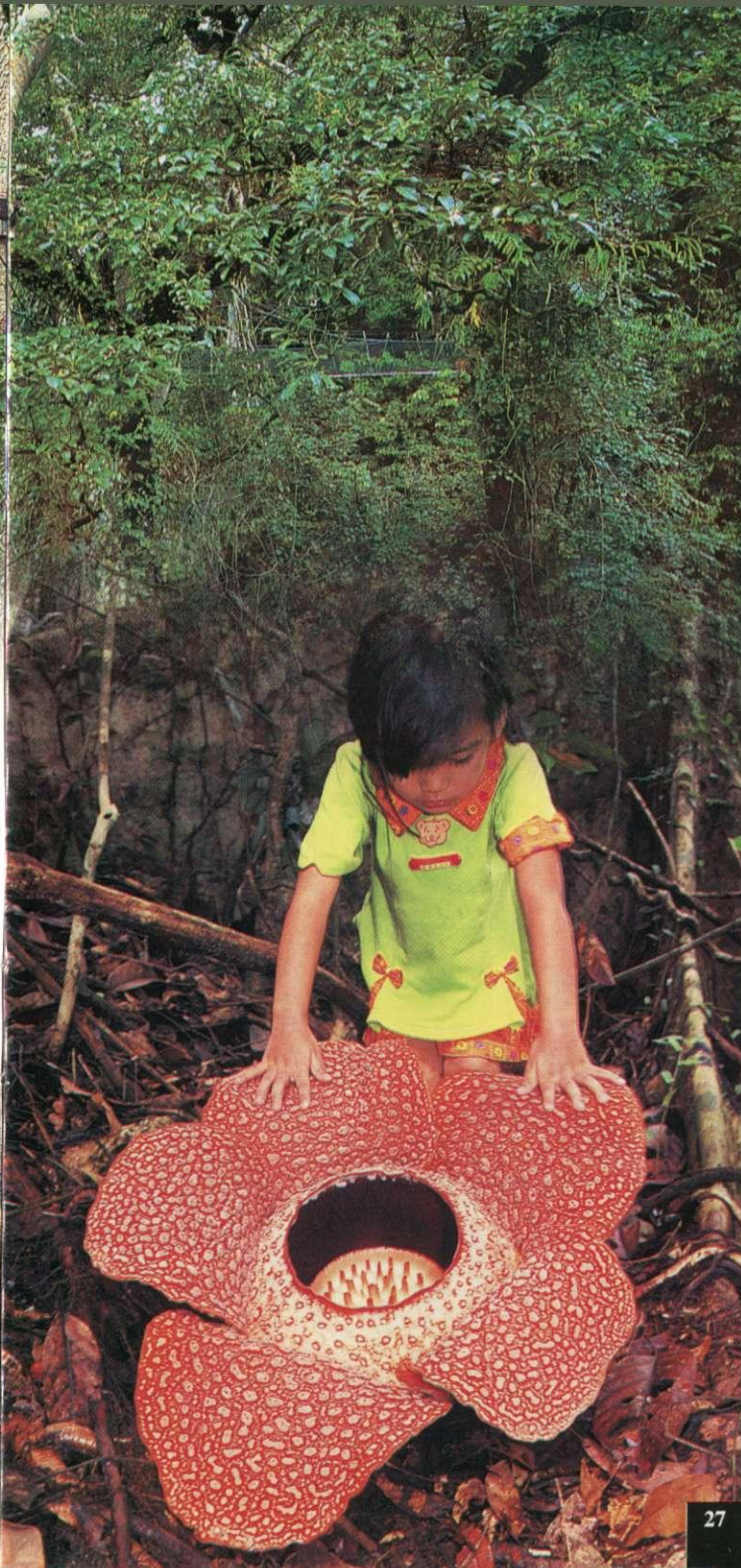






A must-visit for all visitors is the Poring Canopy Walkway. Stroll amidst the treetops of the Menggaris Tree – the king of the forest – and admire the view of the rainforest from a different perspective. The canopy walkway is 157.8 m. long and 41 m. high!

The world's biggest flower – *Rafflesia* – is also one of the hardest to find. Fortunately, Sabah is known to have the largest concentration of the *Rafflesia* population. This exotic flower takes up to 15 months to bud but only lasts 7 days in bloom. For a chance to view this spectacle, do ask Park Rangers or research staff on your trip.







## EVENTS AROUND THE YEAR.

### MT. KINABALU INTERNATIONAL CLIMBATHON

Heard of the Mt. Kinabalu International Climbathon? Proclaimed the 'Toughest Mountain Race in the World', it is held every year on the slopes of Mount Kinabalu. A challenging 21 km. run, it attracts top mountain runners from around the world. While it takes 2 days for a normal climb, these champions have been known to complete the race in less than 3 hours!

### MOUNTAIN BIKE

For a more scenic activity, join the Mt. Kinabalu Mountain Bike Challenge. Ride past mountain villages on rainforest trails that Sir Hugh Low may have tracked on his way to the top.



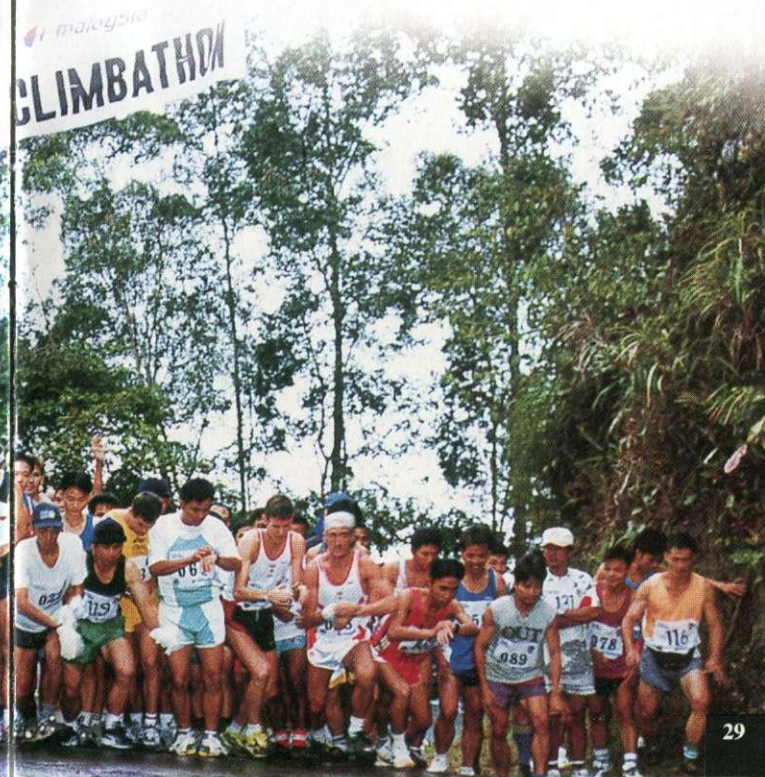
### HANG GLIDING

A recent addition to the Sabah calendar of events is the Motorised Para Glider Tour of Malaysia. Hang gliders come by invitation to fly across the highlands, beaches and islands. It's a spectacular way to enjoy this magnificent paradise.

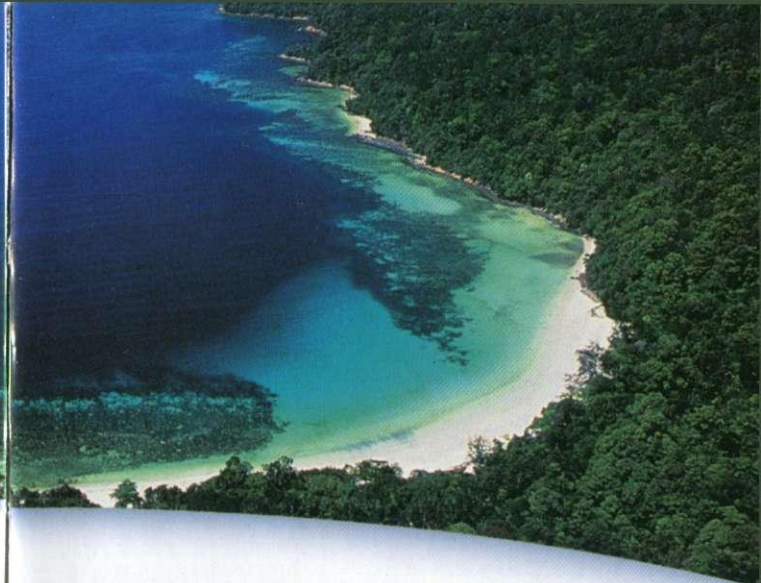
### GOLF

For more relaxing pleasures without the pressure of competition, enjoy a round of golf at the prestigious Mount Kinabalu Golf Club in Pinusuk Plateau. Designed by Robert Muir Graves, this masterpiece is set against the stunning backdrop of Mount Kinabalu.

## START MT. KINABALU INTERNATIONAL CLIMBATHON



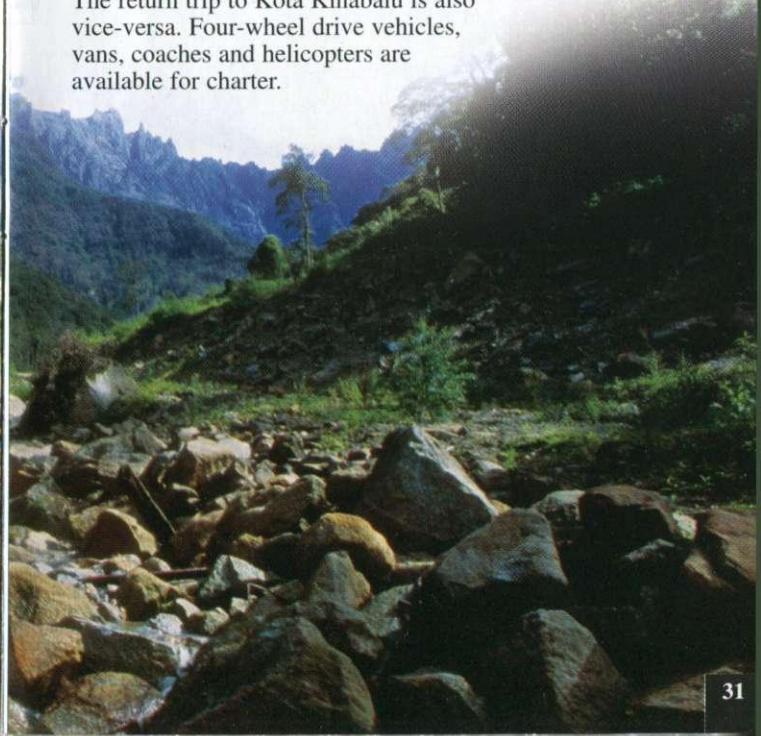
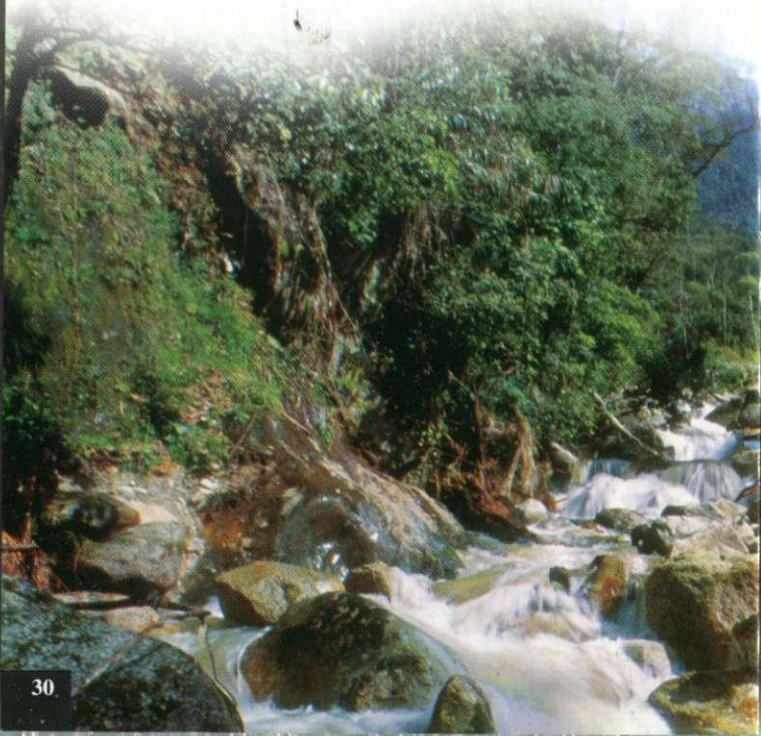




## HOW TO GET TO KOTA KINABALU & MT. KINABALU.

*Kota Kinabalu* – the international gateway to the rest of Sabah – has direct flights to and from the main capitals in the region, Kuala Lumpur, Singapore, Hong Kong, Taipei, Kaoshiung, Tokyo, Seoul, Brunei and Manila.

From Kota Kinabalu, you can take a comfortable car or bus ride to the Kinabalu Park. There are regular buses plying this 83 km. route. The buses leave at 7.30am and arrive at the Park Headquarters entrance about two hours later. The return trip to Kota Kinabalu is also vice-versa. Four-wheel drive vehicles, vans, coaches and helicopters are available for charter.





# TIPS ON ECO-PARADISE.

**Climate:**

Equatorial/Tropical, with occasional rain-showers

**Average Temperatures:**

Lowlands – 32 degrees Centigrade.

Highlands – 21 degrees Centigrade.

**Currency:**

Travellers' cheques and foreign currencies can be changed for Malaysian Ringgit at banks and hotels. Most major hotels charge a nominal fee for currency conversion.

**Major Credit and Charge Cards:**

VISA, MasterCard, American Express, Diners Club

**Banking Hours:**

Mondays to Fridays – 9.30 am till 3 pm

**Local Time:**

Standard Malaysian Time is 8 hours ahead of GMT.

**Electricity:**

240 volts AC/50-Cycle system

**Language:**

Bahasa Malaysia is the national language.

However, English is widely spoken.

**Entry Requirements:**

1. A valid passport (and visa wherever applicable) is required.
2. A Social or Tourist Visit Pass does not permit the holder to take up employment, business or professional work in Malaysia.
3. The Business Visit Pass allows foreign visitors to enter the country for business negotiations or inspection of business premises. These passes however, cannot be used for employment purposes or for supervising the installation of new machinery or the construction of a factory.
4. No fee is charged for a Business Visit Pass issued for a period of up to three months. A fee of RM5 is imposed for each month thereafter.

*For more information, please contact:*

**Sabah Tourism Promotion Corporation (STPC)**

*or:*

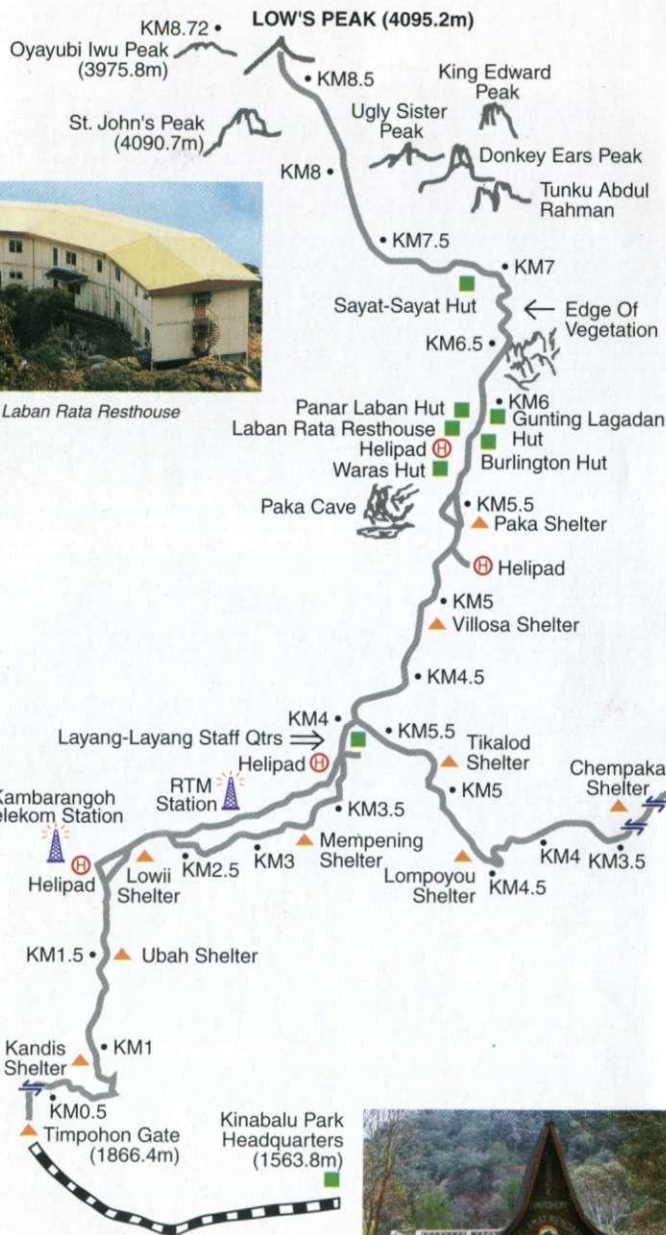
**The Malaysian Diplomatic Mission in your country,**

**Tourism Malaysia office,**

**Malaysia Airlines or your tour operator.**







Laban Rata Resthouse



Mesilau Gate

# TRAIL MAP OF MT. KINABALU.



- ▲ Shelter
- ⊕ Helipad
- Building
- ≡ Bridge

Map not to scale



Timpohon Gate